



Jigar Sitapara, MD
Prime Facial Plastic Surgery
10285 Little Patuxent Parkway
Suite 250
301.302.7272

Filler and Neuromodulator Pre/Post Instructions

PRE Instructions

If possible, do not take any Aspirin or NSAID medications (ibuprofen, motrin, advil, etc) for 14 days prior to your procedure, and then only on the advice of your personal physician. Please let your provider know if this is not possible.

Avoiding alcohol, Vitamin E, Fish Oil, Omega-3, turmeric, and other supplements for 7 days prior to surgery can help with the healing process.

Studies have not shown significant benefits of Arnica (topical or oral) but you are welcome to use it.

What Can Be Expected

We will ice before and after each injection to minimize the risk of swelling and bruising. Some redness, swelling, tenderness, and bruising are possible.

The fillers have lidocaine mixed in the syringe to improve comfort as we go.

POST Instructions

Icing for the first 24 hours may improve swelling and bruising. Apply ice for 20 minutes on and 20 minutes off. Tylenol may be used for any discomfort or headaches.

Sleeping with your head elevated for the first night will help with any swelling. Avoid side sleeping or sleeping face down for the first few days if possible. *Pro-tip: this is also generally helpful for anti-aging*

For the first 24 hours, you should avoid strenuous exercise, excessive sun or heat exposure, and consumption of alcoholic beverages in order to help minimize the risk of temporary redness, swelling and/or itching at the treatment sites.

Neuromodulators start to work in 3 days and are fully settled after 14 days. We avoid overtreating our patients to ensure a natural result at each and every visit. If you desire a stronger dose, please return for additional units so we may adjust your treatment plan going forward.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured of our very best efforts to achieve the best result possible for your particular individual anatomy and condition.